

evidence-based practice as it may currently be understood or interpreted. Physiotherapy research is, relatively speaking, still in its infancy. By the time physicians started to embrace evidence-based medicine (around 1972) they had a hundred years of research providing a theoretical basis (think of Pasteur, Lister, Koch, Charcot). Perhaps physiotherapists should be prepared to invest in the scientific and theoretical basis of their professional practice before chasing evidence to support it.

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# Paper of the Year 2012

The Editorial Board is pleased to announce the 2012 Paper of the Year Award. The winning paper is chosen by a panel of members of our International Advisory Board who do not have a conflict of interest with any of the papers under consideration. The Award is given to a paper published in the 2012 calendar year which, in the opinion of the judges, has the best combination of scientific merit and application to the clinical practice of physiotherapy.

The 2012 Award goes to *Neural tissue management provides immediate clinically relevant benefits without harmful effects for patients with nerve-related neck and arm pain: a randomised trial* by Robert Nee and colleagues from The University of Queensland.

This elegant randomised trial involved 60 people with non-traumatic nerve-related neck and unilateral arm pain. The experimental group received education, manual therapy, and nerve gliding exercises in four treatments over two weeks. At four weeks participants in the experimental group reported substantially greater reductions in neck pain, arm pain, and self-reported activity limitations over those participants who only received advice to remain active.

## Reference

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